

Making Herbal Salts

By

Angelique J.

February 2024



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Food Preserver Program

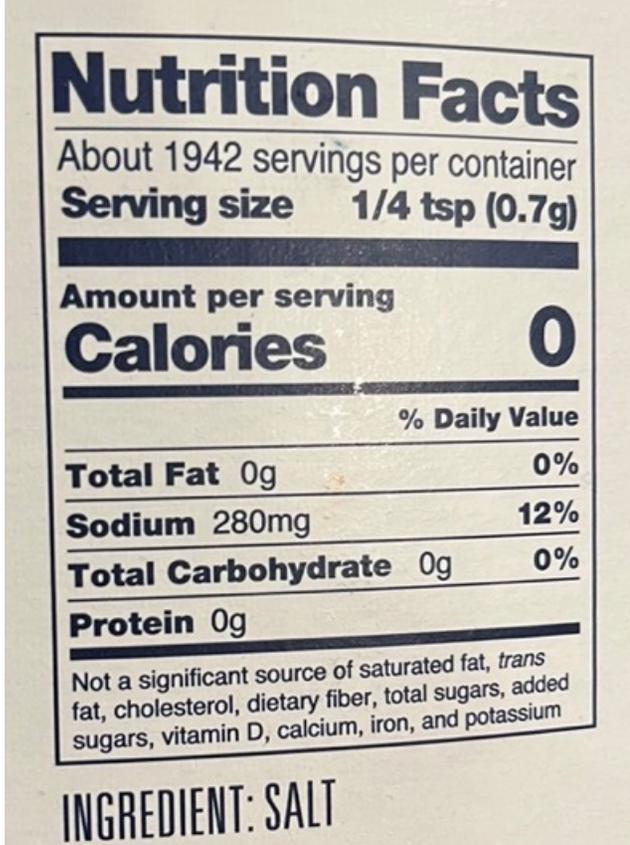
Why Make Herbal Salts

- Herbal salts are a great:
 - Way to use a bumper crop of homegrown herbs
 - Way to have flavorful food all-year round
 - To control the ingredients in your food
 - Gift for friends and family
 - Way to save money
 - Condiment for travel and family events (barbeques, family parties, camping, etc.).
 - Timesaver
 - Way to show off your cooking (and maybe even your gardening) skills.



About the Salt

- The recipe calls for Kosher salt.
 - Kosher Salt is sold in multiple sizes.
- Check the salt label for additional ingredients.
- The only ingredient should be salt.
- Some companies add other ingredients such as anti-caking additives.
- Purchase enough salt for multiple batches.



Nutrition Facts
About 1942 servings per container
Serving size 1/4 tsp (0.7g)

Amount per serving
Calories 0

% Daily Value

Total Fat 0g	0%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium

INGREDIENT: SALT



Recipe Ingredients

- Optional: 4 to 5 garlic cloves, peeled
- Scant 1/2 cup kosher salt
- About 2 cups loosely-packed, pungent fresh herbs such as:
 - Sage
 - Rosemary
 - Thyme
 - Savory
 - Basil
 - Small amounts of lavender



Hand-Chopped Method

- Cut each garlic clove lengthwise through the center, remove the sprout (if any) in the center and discard.
- Mound the salt and garlic on a cutting board. Use a chef's knife to mince the garlic, blending it with the salt as you work.
- Place herbs in a mound and coarsely chop them.
- Add the herbs to the garlic salt and chop them together to the texture of coarse sand.
- Spread the salt on a baking sheet or in wide flat bowls and leave near an open window for a couple of days to dry. Store in clean, dry jars. (Alternate drying method: heat oven to 200°F, turn off the oven, place salt on baking sheet in oven, close door, let sit overnight.)



Final Product

(Dried twice in an oven)
Yields Approximately 3/4 cup (or more)

Try herbal salts on:

- Sliced tomatoes and cucumbers
- Homemade popcorn and potato chips
- Baked or smashed potatoes
- Homemade sweet potato fries
- Mocktails and cocktails
- Avocado toast
- Garlic bread
- Roasted veggies
- Cracker, focaccia, and bread dough



Try adding herbal salts to unsalted butter, marinades, vinaigrettes, dry rubs, dipping oils, sour cream, soft cheeses, or tuna or egg salad.



Herbal Salt Tips

Try blending herbs

- A mixture of sage, thyme, and rosemary is amazing
- Try cilantro and jalapeno
- An oregano and basil salt blend is great on pizza
- Garden chives and dill
- Mustard greens and garlic scapes
- The possibilities are endless



Thank You



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Master Food Preserver Program